



# MADGE SEXTON KINDERGARTEN

QUALITY AREA 2: CHILDREN'S HEALTH AND SAFETY

## Policy 2: Sun Protection

### Rationale

Australia has the highest incidence of skin cancer in the world with one out of every two people developing some form of skin cancer in their lifetime.

1. Ultra violet radiation from the sun is of sufficient intensity to induce skin cancer in this susceptible population.
2. For many years social values have supported the belief that a suntan is healthy and attractive.
3. Lifestyle, work, school and recreational habits expose people to the sun for long periods. Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Much of the damage occurs during childhood and adolescence. Research suggests that severe sunburn is a contributor to skin cancer and other forms of skin damage such as wrinkles, sunspots, blemishes and premature ageing. Most skin damage and skin cancer is therefore, preventable. Early childhood services are ideally placed to help reduce the incidence of skin cancer and the number of related deaths by encouraging all members of the services' community to use effective skin protection.

### Aims

The aims of Madge Sexton Kindergarten Sun Protection Policy are to promote among children, staff and parents:

- Positive attitudes towards skin protection
- Lifestyle practices which can help reduce the incidence of skin cancer and the number of related deaths.
- Personal responsibility for and decision making about skin protection.
- Awareness of the need for environmental changes in our centre to reduce the level of exposure to the sun.

### Implementation

This policy is for implementation throughout the whole year. The purpose of the policy is to ensure that all members of our Early Childhood Service are protected from skin damage caused by the harmful rays of the sun. All members of the Madge Sexton Kindergarten will be strongly encouraged to use the following skin protection strategies:

#### SHADE

- Take particular care if in the direct sun between the hours of 10.00 am & 3.00 pm.
- Wherever possible, outdoor activity sessions will be held in shaded areas.
- The children's group times and snack times are held indoors or in shaded areas to avoid UVR exposure as part of our normal daily kindergarten programme.
- Use the shade of trees, pergolas, umbrellas and tents whenever possible outdoors.

#### CLOTHING

- Wear appropriate clothing which protects the skin and minimises heat gain.
- During Terms 1 & 4 Children, staff and parents should wear broad-brimmed or Legionnaire style hats whenever they are involved in outside activities. Children not wearing an appropriate hat will be expected to play in the shade.
- Children will be encouraged to wear shirts with collars and at least elbow length sleeves and longer style shorts/ skirts.
- Staff are expected to be appropriate role models in their sun protection behaviour through clothing as well as hats, and adherence to shaded areas.

#### SUNSCREEN

- Parents need to apply sunscreen to their child **before** they come to kindergarten so that their skin is protected against the sun when travelling to kindergarten and when playing outdoors. Sunscreen will be reapplied before the children go outside in the afternoon in Terms 1 and 4.
- Adequate time must be allowed for correct application of sunscreen on children before they go outdoors.
- Skin cancer prevention will be included in appropriate teaching activities.
- In Terms 2 & 3 when staff deem sunburn a risk, sunscreen will be applied.

### **DRINKS**

- Children are to be encouraged to drink water and safe drinking water is to be accessible at all times, especially in hotter weather.

### **FOOD**

- Parents are encouraged to pack children food in insulated containers with a frozen brick or frozen water. Madge Sexton Kindergarten will provide a cool place to store food (inside an air-conditioned space).

### **AIRCONDITIONING**

- Staff to ensure air-conditioning units are effective and in good working order at all times. Contingency plans are in place to manage events which affect normal functioning during hot weather, such as blackouts, and breakdown of cooling and ventilation systems.

The Madge Sexton Kindergarten Sun Protection policy will be evaluated on an ongoing basis and reviewed annually.

**Endorsed by Staff & Governing Council: September 2015**

**To be reviewed: September 2017**